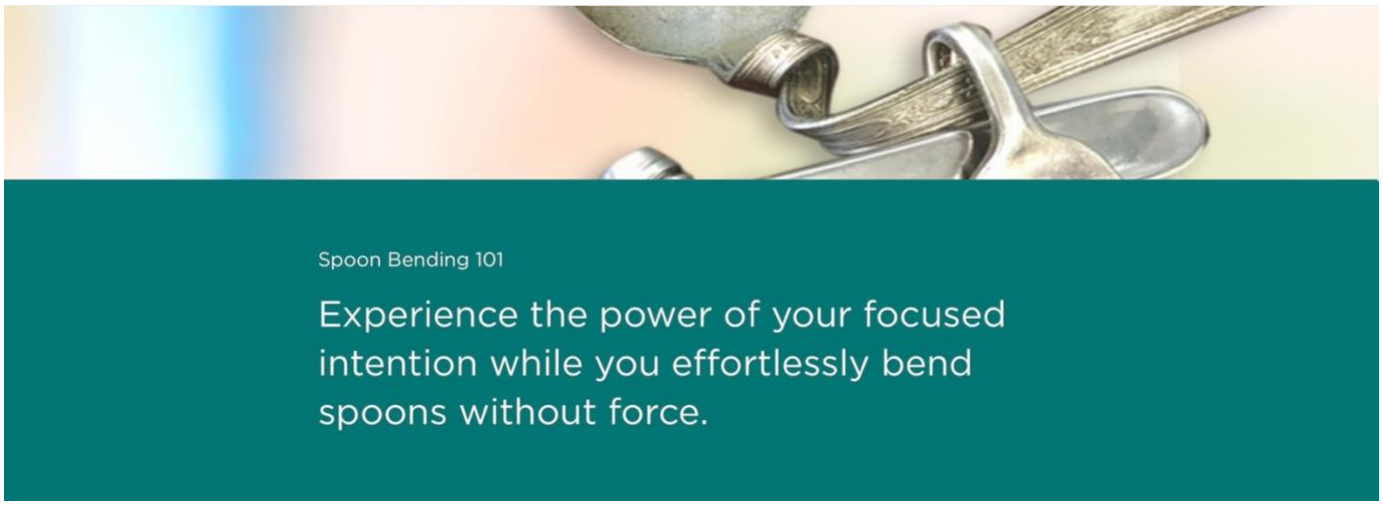

Virtual Program

$195.00

1/2 day

Witness the physical manifestation of your focused energy as you learn to effortlessly bend metal spoons. This feat requires no physical strength and is the ideal way to expand and stretch your energetic manifestation abilities.

We'll be using Monroe Sound Science audio-supported meditations to help you reach a powerful place for manipulating matter. By using your intention to bend spoons, you'll better understand your own innate ability to influence time and space, which you can apply to other situations in your life.

Come to know just how powerful you are. Go from believing to actually knowing your own powerful abilities as you connect to a greater energy source. Learn and understand how to use the principles of manifestation to experience the benefits in all aspects of your daily life.

TRY MONROE'S AUDIO TECHNOLOGY

Grab your headphones, find a quiet place to relax and enjoy this free audio sample. Experience the deep relaxation and instantaneous expanded meditative state of Monroe's Sound Science technology.

MONROE SOUND SCIENCE SAMPLE (See the link in the details section below)

How it works

1. You must be 18 years old to attend.
2. Spoon Bending Virtual Retreat is a ½ day real-time interactive online retreat which begins at 12:30 pm (ET) with an brief overview, introductions, logistics on streaming audio exercise.
3. The program will be conducted using Zoom meeting and audio exercises will be streamed through your Monroe account during the retreat.
4. The program ends at 5:30 pm (ET)
5. Reliable internet connection with a recommended minimum internet speed of 5 Mbps for streaming the exercises. Speed test your internet (https://www.speedtest.net/)
6. You will need headphones and a computer with a camera and microphone for video communications Over-ear wired stereo headphones or high-quality earbuds are recommended with a cord long enough to reach the place where you will be listening to the exercises.
7. To ensure you have true stereo sound, you can use this Audio Test. You should hear a pulsating frequency from ear to ear.